

# Health & Wellbeing Newsletter



## National Diabetes Week

National Diabetes Week always incorporates 14 July. In 2016, National Diabetes Week will be 10-16 July.

## What are the changes from 1 July 2016?

People with diabetes will continue to access NDSS products such as needles, syringes, blood glucose test strips and urine test strips from NDSS community pharmacies. In addition, from 1 July 2016 insulin pump consumables will be available from NDSS community pharmacies.

- The range of products available will not change, nor will the co payment you are required to pay.
- NDSS products will no longer be available in the current way from Diabetes Australia or local state and territory diabetes organisations (this includes via state and territory diabetes organisation shops and websites, and the NDSS 1300 number).
- Insulin pump consumables will be available from NDSS community pharmacies. Where a pharmacy does not stock the insulin pump consumables required, they can be ordered by the pharmacy and delivered to the pharmacy generally within 24 hours.
- NDSS products will be supplied to NDSS community pharmacies using the same distribution network that pharmacies use to receive medicines. Aligning these delivery channels will streamline the way products are delivered to pharmacies.
- Support and advice from Diabetes Australia and local state and territory diabetes organisations about NDSS products will continue to be provided to all NDSS registrants over the phone and through ongoing education programs. This will include training for NDSS community pharmacies on supplying insulin pump consumables.
- People with **type 2 diabetes not using insulin** will receive an initial six month supply of subsidised blood glucose test strips under the NDSS. After six months, they will only be eligible for further access to subsidised test strips if their doctor or other authorised health professional considers it clinically necessary to use test strips.

Source: Department of Health (NDSS)

The Western Victoria PHN Health & Wellbeing Newsletter is provided to general Practices to promote general consumer awareness of national and world health campaigns.  
For the Month of July the focus for the newsletter is National Diabetes week and for the month of August the focus is Jeans for Genes Day.

## JULY 2016



### NATIONAL PAIN WEEK

**JULY 25th – 31st**

[www.chronicpainaustralia.org.au](http://www.chronicpainaustralia.org.au)

**KNOW YOUR STATUS?**  
Get tested - Learn your options

**WORLD**  
**HEPATITIS DAY**

JULY 28 [WWW.WHDCANADA.ORG](http://WWW.WHDCANADA.ORG)

[www.hepatitisaustralia.com](http://www.hepatitisaustralia.com)

**DonateLife**  
**Week 2016**  
SUNDAY 31 JULY – SUNDAY 7 AUGUST

[www.donatelife.gov.au](http://www.donatelife.gov.au)



## Jeans for Genes Day

Jeans for Genes Day always falls on the first Friday of August. In 2016, Jeans for Genes Day will be Friday August the 5<sup>th</sup>.

## Genes and genetics explained

- Genes are the blueprint for our bodies.
- A genetic mutation means that a gene contains a change – like a spelling mistake – that disrupts the gene message (makes the gene faulty).
- Genetic mutations can occur spontaneously.
- Sometimes a faulty gene is inherited, which means it is passed on from parent to child.
- Genetic changes that make a gene faulty can cause a wide range of conditions.
- Although most related parents will have healthy children, they are more likely than unrelated parents to have children with health problems or genetic disorders.

To date, scientists have identified around **1,700 conditions** caused directly or indirectly by changes in the genes. Around half of all miscarriages are caused by changes in the total number of genes in the developing baby. Most babies are born healthy, but sadly **1 in 20 children** are born with a birth defect or genetic disease. On average, that's one in every classroom. Similarly, about **half of the Australian population will be affected at some point in their life by an illness that is at least partly genetic in origin.**

## Children's Medical Research Institute

Each year, thousands of people across Australia get behind the day and raise much-needed funds for Children's Medical Research Institute's fight against childhood genetic disease. There are so many ways you can celebrate Jeans for Genes Day!!

Want to get involved <http://www.jeansforgenes.org.au/register-landing>

Source: Department of Health (NDSS)



## AUGUST 2016



### Healthy Bones Action WEEK August 1st – 7th

<http://www.healthybones.com.au/>

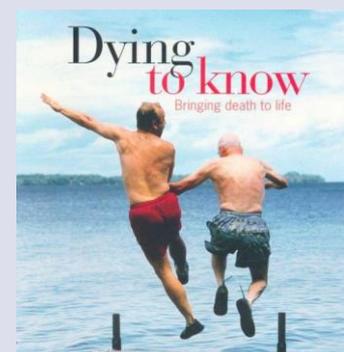


### World Breastfeeding WEEK August 1st – 7th

<http://worldbreastfeedingweek.org/>



<http://www.ausee.org/>



### Dying to Know Day Monday August 8th

<http://www.dyingtoknowday.org/>